

## Psychological adaptation of children with pediatric asthma

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This study **aims** at the comprehension of the impact of pediatric asthma on children's psychological adaptation. The main objectives were the characterization of children with asthma and their families and the identification of factors associated with the children's psychological adaptation.

**Method:** The sample of this study consisted of 89 children, aged between 8 and 12 years old and having physician diagnosed asthma, with severity ranging from intermittent to moderate-persistent. The Portuguese versions of the following instruments were used: School-age Temperament Inventory (McClowry, 1995) Schoolagers Coping Strategies Inventory (Ryan-Wenger, 1990); Pediatric Quality of Life Inventory – PedsQL (Varni et al, 1989); The Self-perception Profile for Children (Harter, 1985), Child Behavior Checklist (Achenbach, 1991); Social Skills Rating System (Gresham & Elliot, 1990).

**Results:** The results revealed that negative reactivity predicts the level of anxiety/depression, task persistence and coping perceived efficacy predict social abilities and that self-esteem is a significant predictor of the perceived quality of life. A significant proportion of shared variance was also found what seems to confirm the existence of multi-determination in the process of adaptation.

**Conclusion:** The conclusion is that two dimensions of temperament (negative reactivity and task persistence), as well as coping perceived efficacy and self-esteem, are significant predictors of psychological adaptation of children with asthma.